

DECEMBER WELLNESS NEWSLETTER

VOLUME 14 ISSUE 12

2014



SPECIAL POINTS OF INTEREST:

- * Ticket to Wellness
- * Tinsel Toes 5K
- * Hand Washing Awareness Week
- * Holiday Stress
- * Holidays Healthy Recipes



Ticket to Wellness



Congratulations to all that participated in the 2014 Wellness Program. You chose to embrace a healthy lifestyle journey and to reward you, if you obtain 12 points on your Ticket to Wellness card, a \$65.00 monetary incentive will be provided in pay period 26.

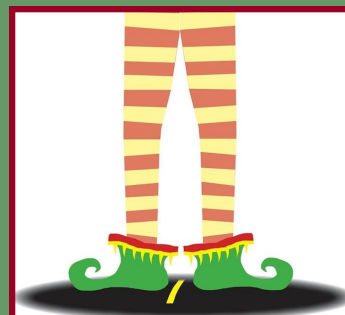
DON'T FORGET TO BRING, EMAIL, MAIL, YOUR TICKET TO MARIE IN H.R. BY DECEMBER 8TH.

TINSEL TOES 5K

**Saturday, December 13, 2014
5:30 PM EST Full Blast,
West Hamblin Avenue**

The Tinsel Toes 5k is a family fun run that weaves through the beautiful Festival of Lights in Downtown Battle Creek. The Tinsel Toes 5K is where the ugly Christmas sweater and your running shoes merge. All race proceeds will benefit Girls on the Run of Calhoun County.

[http://racerooster.com/
events/2014/3469/tinsel-toes-
5k](http://racerooster.com/events/2014/3469/tinsel-toes-5k)



**DON'T FORGET TO
WEAR YOUR UGLY
CHRISTMAS SWEATER**





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"Working to enhance our community's total well-being"

SCHOOL WELLNESS PROGRAM

Are you ready for National Hand Washing Awareness Week?

December 7-13, 2014

**"Do not touch the T Zone" the only portal of entry into
the human body for all respiratory infections.**

WHAT IS YOUR T ZONE???

It is the mucous membranes of your eyes, nose, and mouth.

This is how the majority of diseases enter OUR bodies. For Respiratory and Gastro-intestinal diseases, it is **the only** portal of entry!! This is why proper hand washing is so important.

According to the School Network for Absenteeism Prevention, one study showed that only 58% of female and 48% of male students washed their hands after using the restroom. And of those students, only 33% of the female and 8% of the male students used soap.

The 4 Principles of Hand Awareness

1. Wash your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

The Centers for Disease Control and Prevention (CDC) say hand washing is the single most effective way to prevent the transmission of disease.



TIPS TO PREVENT HOLIDAY STRESS

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Recconnect with the reason for the season — Our society is more and more focused on the commercialism of the holidays. We are bombarded with ads and reminders about how we should celebrate the holidays. Rediscover the meaning of the holiday for you personally and decide to celebrate in a way that works for you rather than how others say you should do.

Manage expectations — Set realistic expectations. Give yourself permission to let go of trying to be superhuman in order to create a perfect holiday. Be patient with yourself and do the best you can, trusting that the holiday will be perfect however it turns out.

Simplify — Less is more. Cut back on everything, including decorations, food, gifts and activities. Think creatively about alternatives to expensive gift giving; consider giving a hand-made gift or giving the gift of your time.

Give without expecting anything in return — Give from a heart space of generosity with no regard for what you get back. Rather than begrudge another for not reciprocating with an expected gift, keep the focus on giving.

Avoid the chaos — The mall is a zoo, traffic is horrendous, lines are long and people are cranky. Consider alternatives to traditional shopping. Buy online, send baskets, order ready-made dishes for entertaining and avoid the madness.

Ask for help — Get the support you need to be your best during the holidays. Other people are usually happy to help when needed. Look for ways to outsource, delegate and automate so that you have the help you need.

Start a new tradition — Traditions are comforting. They provide a sense of stability in an ever-changing world. Consider starting a new tradition, maybe caroling, watching holiday movies, giving to a charity, or just spending a quiet family evening at home.

Say yes to yourself — If you're a person who always says yes to everyone else, try saying no for a change. Say yes to yourself. Do something that makes you feel great. Schedule time just for you — to relax, exercise, meditate — whatever makes you feel renewed and refreshed.

Express gratitude — Look at the blessings in your life and actively feel thankful. Appreciation has a multiplier effect and creates even more blessing. It lightens your spirit and helps you focus on the good that is happening.

Don't forget to enjoy the holidays and have some fun — The added stress of the holidays can detract from the enjoyment if you are constantly chasing a schedule, stretching your budget to the max with gift giving and extra purchases, feeling exhausted, impatient or frustrated. Let go and have some fun!

Healthy Holiday Recipes

Crunchy Pear & Celery Salad

4 stalks celery, trimmed and cut in half crosswise
 2 tablespoons cider, pear, raspberry or other fruit vinegar
 2 tablespoons honey
 1/4 teaspoon salt
 2 ripe pears, preferably red Bartlett or Anjou, diced
 1 cup finely diced white Cheddar cheese
 1/2 cup chopped pecans, toasted (see Tip)
 Freshly ground pepper, to taste
 6 large leaves butterhead or other lettuce



Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces.

Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

Pita Tree Appetizers

Ingredients:

4 flavored or plain pita folds or pita (pocket) breads (about 6 inches in diameter)
 16 thin pretzel sticks, halved
 1/2 cup fat-free sour cream
 1/2 cup guacamole
 2 tablespoons finely chopped parsley
 1/4 teaspoon garlic-pepper blend
 1/4 cup very finely chopped red bell pepper

Cut each pita fold into 8 wedges. Insert pretzel stick half into center of bottom of each wedge to form "tree trunk."

In small bowl, mix sour cream, guacamole, parsley and garlic-pepper blend.



Spread about 1 teaspoon sour cream mixture on each pita wedge.

Blot bell pepper with paper towel to remove excess moisture.

Sprinkle about 1/4 teaspoon bell pepper on each wedge or arrange to form a garland.

If desired, cover and refrigerate up to 8 hours before serving.

White Chocolate Holiday Bark

Ingredients:

1 cup sliced almonds
 1/4 cup unsweetened coconut
 1 cup oven-toasted rice cereal
 1 cup dried cranberries
 1 1/2 pounds good-quality white chocolate, chopped
 2 teaspoons vegetable oil

Directions:

Preheat the oven to 325°. Line a baking sheet with parchment paper, and set aside.

Spread the sliced almonds and the unsweetened coconut in an even layer on the baking sheet. Toast 5–8 minutes or until coconut just begins to brown. Remove baking sheet from the oven, and let cool.

In a large bowl, combine almonds, coconut, rice cereal, and dried cranberries. Reserve about 1/4 cup of the mixture, and set aside.

Place chopped white chocolate and 2 teaspoons vegetable oil in a large heatproof bowl, and set over a medium saucepan of simmering water. Stir with a spatula until the chocolate is completely melted.

Remove the chocolate from heat, and fold in the almond mixture. Spread mixture evenly on parchment-lined baking sheet. Sprinkle on the reserved 1/4 cup topping. Refrigerate for about 30 minutes or until the chocolate has completely set. Break the bark into small pieces, and serve.

